

# THE CITIZEN

Vol. 34, No. 12

The 6th Area Support Group Newspaper

June 21, 2005

*Stuttgart, Oberammergau and Garmisch, Germany*

*Farewell,  
Class of 2005  
Pages 7-10*



Hugh C. McBride

*Patch High School's Amy Rhodes receives a congratulatory hug moments after receiving her diploma June 12. Rhodes and 63 other students officially became PHS alumni during the ceremony, which was held in the Leinfelden Filderhalle.*

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### **Panzer DFAC wins Connelley Award**

*The Panzer Kaserne Dining Facility earns the top spot in its category during IMA-E's prestigious Phillip A. Connelley competition.*



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### **Medal of Honor recipient in Stuttgart**

*John Baker, who earned the military's highest honor while serving in Vietnam, is an honored guest at Stuttgart's Army Ball.*



## Thorns 'n Roses

From community submissions



### Roses to:

**The Pond gate guards on Kelley Barracks**, for their friendliness and professionalism. I realize that your job can often feel like a thankless one, but don't think that your efforts go unappreciated by those who live and work here.

**The Patch High School JROTC cadets (and their advisors)**, for their superior efforts as ambassadors for their school and our community.

Within the past month alone, these young men and women have participated in two Memorial Day ceremonies (on Patch Barracks and in the U.S. military cemetery in St. Avold, France), the Army Ball and the PHS graduation.

Every event was enhanced by their presence, and their service is a continuing example of what is right about our community.

**Joe, PJ, Scotty and everyone else who works at the Auto Hobby Shop on Panzer Kaserne**. I have never received anything less than excellent service at this facility, and almost every time I visit I end up learning something, too. Thanks for all you guys do.

### Thorns to:

**The two teenaged boys who persisted with rude sighs and back talk** because my two-year-old was crying during "Star Wars" in the Patch Theater. For crying out loud, we *were* in the "Cry Room."

**Whoever came up with the idea of launching a summer program for youths between the ages of 11 and 13** in which their parents can "sponsor" their children to do work around the base.

Why are parents being asked to pay their own children to go to work for someone else?

E-mail comments to [citizen@6asg.army.mil](mailto:citizen@6asg.army.mil) or fax them to 421-2570/civ. 0711-729-2570.

## For graduates, advice abounds

Along with mortarboards, gift cards and apprehension about the future, one other staple of graduation time is an outpouring of advice directed at those who are moving from one stage to another. The following is a small selection of the many words of wisdom that have been offered during college commencement ceremonies in the United States.

**L**ook at your fingers. Hold them in front of your face. Each one is crowned by an abstract design that is completely different than those of anyone in this crowd, in this country, in this world.

They are a metaphor for you. Each of you is as different as your fingerprints.

Why in the world should you march to any lockstep?

— Anna Quindlen, Mount Holyoke College, 1999

**T**here is one sin we must never commit and it is to humiliate another person or to allow another person to be humiliated in our presence without us screaming and shouting and protesting. Learn that.

— Elie Wiesel, DePaul University, 1997

**Y**ou will, undoubtedly, meet people who will try to shut you up or entice you to compromise your principles in any number of ways.

They'll try to seduce you and distract you with money, power, security and perhaps, most dangerously, a sense of belonging. Don't let them; it's just not worth it.

One of the biggest threats to our world is the culture of silence and compromise. — Samuel L. Jackson, Vassar, 2000

**R**emember the people struggling alongside you and below you. The people who haven't had the same opportunity, the same blessings, the same education.

Most have little control over their fate. Give them a hand. Give them a chance. Give them their dignity. Indeed there is a simple truth; "No exercise is better for the human heart than reaching down to lift up another."

That is your charge. That is your opportunity.

— Tim Russert, Niagara University, 2000

*The unfortunate, yet truly exciting thing about your life, is that there is no core curriculum.*

*The entire place is an elective.*

*The paths are infinite and the results uncertain.*

*[School] is something you complete.*

*Life is something you experience.*

Jon Stewart

The College of William and Mary, 2004

**W**e sit in the shade of trees planted long ago. We have all arrived at this wonderful moment together because of countless gestures of hope made by generations that have preceded us.

We must give thanks for all that brought us here.

And we must be keenly aware that our stupendous good fortune carries with it an obligation to keep that flame burning brightly into the future.

— Bradley Whitford, University of Wisconsin, 2004

**S**peaking from experience, failing stinks. Just don't stop there. Don't be undone by it. Move on. Failure is no more a permanent condition than success.

"Defeat is never fatal," Winston Churchill observed. "Victory is never final. It's courage that counts."

— Sen. John McCain, Wake Forest University, 2002

## THE CITIZEN

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The Citizen is an offset press publication printed in 6,500 copies every two weeks.

[www.stuttgart.army.mil](http://www.stuttgart.army.mil)

## ON THE STREET

### What is your advice to the Class of 2005?

— Compiled by Melanie Casey & Christine Castro



Stephen Schmidt  
(Patch High School)

Base your choices on what you consider to be most important in your life.



Katie Anderson  
(Student)

Stay focused — and don't do anything stupid.



Stephen Lappe  
(Civilian)

Continue your education as far as you can to further your opportunities.



Adam Fugent  
(Student)

Life is a game — play it the best you can and take it one step at a time.



Pascal Bernard  
(Civilian)

You will always succeed if you follow the path of your dreams.



Mary Roper  
(Patch High School)

The world is looking for people who do their work and work well with people.

### Let your voice be heard in your community newspaper

One of the missions of The Citizen is to be a means of communication and discussion among the members of the Stuttgart and Garmisch military communities.

Features such as *Thorns 'n Roses*, *On the Street* and *Ask an Expert* are designed to highlight the issues that are on the minds of our community members.

To let your voice be heard in the The Citizen, e-mail [citizen@6asg.army.mil](mailto:citizen@6asg.army.mil) or call 421-2046/civ. 0711-729-2046.

— *'Quiet professionals' safely home* —

## Stuttgart special forces troops return from duty in Iraq

Story and photo by Melanie Casey

There was no fanfare, no public celebration, and no AFN coverage. But rest assured – the quiet professionals are home.

More than 100 members of 1st Battalion, 10th Special Forces Group (Airborne) returned home to Panzer Kaserne beginning June 8 after serving seven months in Iraq in support of Operation Iraqi Freedom.

While downrange, the Soldiers – from Alpha, Charlie and Headquarters Company – served in myriad locations as part of a Joint Special Operations Task Force, said 1/10 SFG (A) Executive Officer Maj. Jamie Gough.

Initially, the Soldiers were spread throughout the western part of the country, said Sgt. Maj. Paul Casey, the Alpha Company sergeant major for most of the deployment.

The Soldiers' mission during that time was to "find, kill and capture the enemy," Gough said.

"Everyone does that," he added, "but we do it very well."

In February, Casey said, the 1/10 SFG (A) Soldiers converged on Baghdad in order to train Iraqi Soldiers who had been screened and selected from Iraqi units to receive specialized instruction.

More than 100 Iraqi reconnaissance and scout platoon Soldiers were trained so that they in turn can "become responsible for finding, killing and capturing" terrorist insurgents, allowing for the eventual downsizing of U.S. forces in the area, Gough said.

The 1/10 SFG (A) Soldiers also worked with Military Assistance Teams, who will work alongside each Iraqi Army element, Casey said.

This was 1/10 SFG (A)'s first deployment to Iraq, although other special operations Soldiers have been serving downrange continually for the past few years.

There were no 1/10 SFG (A) casualties, Gough said.

"Bringing them back alive was perhaps our greatest success story," he said.

"It was a long seven months and we missed our guys," Gough



**A 1st Battalion, 10th Special Forces Group (Airborne) Soldier receives a welcome home hug from his wife June 15. More than 100 1/10 SFG (A) Soldiers returned recently after serving more than seven months in Iraq.**

added, "but we are happy to have them back and I am awful damn proud of them."

For more information about special operations visit [www.socom.mil](http://www.socom.mil).

## News & Notes

### Celebrate July 4th in Stuttgart

• The rodeo returns! After a one-year absence, Robinson Barracks will again host a **4th of July Rodeo Weekend**, featuring rodeo, live music, refreshments and fireworks.

For a full schedule of events see the ad on page 12 or pick up a copy of the June 24 edition of the Stuttgart Community Post.

• Independence Day weekend also brings the **Softball X-Plosion** to Patch Barracks. Eight men's teams and eight women's teams will compete all weekend on Husky Field.

For details call 430-7136/civ. 0711-680-7136 or e-mail [steven.sanders5@us.army.mil](mailto:steven.sanders5@us.army.mil).

### Closures & changes

• The Stuttgart **Army Community Service** office is closed the third Thursday of every month, noon to 5 p.m., for staff in-service training. The emergency contact number during this time is 0160-437-1824.

• The **installation sign-on desk on Panzer Kaserne** has been moved from Gate #1 (the installation's exit gate) to Gate #2 (the access gate).

• The **Community Health Nurse's Office** has moved to building 2996, room 103, Panzer Kaserne. For more information call 431-2157/civ. 07031-15-2157.

### Scouts schedule summer camps

• Registration is underway for Stuttgart's **Girl Scout Day Camp**, which will be held Aug. 9 to 12 on and around Panzer Kaserne.

Camp activities will include horseback riding, rock climbing, square dancing, arts & crafts, and more. Participation costs \$25 per girl or \$50 per family for scouts. Non-scouts must pay an additional \$10.

For details call Beth Rosenwald at 0711-674-7701 or e-mail [stuttgartgirlscouts@yahoo.com](mailto:stuttgartgirlscouts@yahoo.com).

• The area's **Boy Scout Twilight Camp** is scheduled for Aug. 22 to 26.

Boys in grades 1 to 5 can enjoy archery, nature lessons, woodworking, Ultimate Frisbee and more. For more information call Anette Angyal at 0174-398-7229 or e-mail [goldieangyal@hotmail.com](mailto:goldieangyal@hotmail.com)

### Pregnancy Orientation Class

The Stuttgart Wellness Center's next Pregnancy Orientation class is July 5, 1 to 4 p.m. on the 2nd floor of Washington Center, Patch Barracks.

Learn about the German health care system, how to establish your baby's American identity; nutrition; Lamaze; and more. To register call 430-8610/civ. 0711-680-8610.

### Volunteer opportunities in Stuttgart

• Stuttgart's **Army Community Service** is looking for volunteers to assist in all program areas. This is an excellent opportunity to learn about our community, meet new friends and make a difference. Free childcare is provided.

For more information call 430-7176/civ. 0711-680-7176 or e-mail [tammie.wommack@us.army.mil](mailto:tammie.wommack@us.army.mil).

• The Stuttgart chapter of **Boy Scouts of America** needs adult volunteers for its annual Fall Camporee Oct. 14 to 16 on Panzer Kaserne. This year's event will celebrate the 200th anniversary of the Lewis and Clark expedition.

For more information e-mail [wayne.bergeron@us.army.mil](mailto:wayne.bergeron@us.army.mil) or [alan.bridges@prodigy.net](mailto:alan.bridges@prodigy.net).

### Physicals for students

The Stuttgart Army Health Clinic on Patch Barracks will be conducting physical examinations for all school-aged children July 13, 1 to 4 p.m., in the Family Health Clinic.

Parents are encouraged to visit the clinic or call 430-8610/civ. 0711-680-8610 to place their children's names on the examination list.

### 1/10 company change of command

1st Battalion, 10th Special Forces Group (Airborne) is holding a Bravo Company change of command June 30, 1:30 p.m. on Panzer Kaserne.

Incoming Commander Maj. David Whitmire will assume command from Maj. Michael Richardson.

All 1/10 Soldiers and their families are invited to attend the ceremony and reception.

For more information call Capt. Charles Gates at 431-2692/civ. 07031-15-2692.

## Upgrades underway at RB Club

### Family-friendly activities on the increase

By Melanie Casey

Family-friendly changes are in store for customers of the Robinson Barracks Community Club – and officials are encouraging community input on how to make the facility even better.

With the Patch Theater closed for renovation, the RB Theater has already begun to feature an expanded schedule of films (see box, right).

In addition, 6th Area Support Group Directorate of Morale, Welfare and Recreation plans to gear the club toward more family-based activities, making it more like a community center, said Mark Cauthers, acting director of DMWR.

Ideas for ways to put the RB Club to good use will be heard June 24, 4 to 6 p.m. at the club.

Cauthers said he will be on hand to listen to constructive ideas from community members about what types of events should be offered at the club.

Ideas such as pot luck dinners, game nights, classes, travel and tour information will be entertained, he said.

The club will also be available for family readiness groups and other organizations to use, he added.

Also, beginning Aug. 1, the bar will be open only on Friday and Saturday nights.

For more information call 421-2758/civ. 0711-729-2758 or e-mail [mark.cauthers@us.army.mil](mailto:mark.cauthers@us.army.mil).

### RB Theater schedule

Due to the closure of the Patch Theater, the Robinson Barracks Theater now offers an extended schedule. Times and dates are subject to change.

For more information call the theater at 420-6137/civ. 0711-819-6137

June 21: 7:15 p.m. – Madagascar (PG)  
 June 22: 7:15 p.m. – The Upside of Anger (R)  
 June 23: 7:15 p.m. – Fever Pitch (PG-13)  
 June 24: 7:15 p.m. – The Longest Yard (PG-13)  
 June 25: 4:15 p.m. – King's Ransom (PG-13)  
 7:15 p.m. – The Longest Yard (PG-13)  
 June 26: 4:15 p.m. – Sahara (PG-13)  
 7:15 p.m. – The Longest Yard (PG-13)  
 June 27: CLOSED  
 June 28: 7:15 p.m. – The Longest Yard (PG-13)  
 June 29: 7:15 p.m. – Fever Pitch (PG-13)  
 June 30: 7:15 p.m. – King's Ransom (PG-13)  
 July 1: 7:15 p.m. – Sisterhood of the Traveling Pants (PG)  
 July 2: 4:15 p.m. – Sisterhood of the Traveling Pants (PG)  
 7:15 p.m. – A Lot Like Love (PG-13)

# Panzer Dining Facility named Europe's best



**Sgt. Eric Latson serves a customer with a smile at the award-winning Panzer Dining Facility.**

## Rewarding food service excellence

*The Phillip A. Connelly Awards program sends evaluators around the world to judge food service specialists at work during dining facility and field kitchen operations.*

*Emphasizing collaborative excellence, Connelly awards are presented to Army units, rather than to teams or individual competitors.*  
—www.quartermaster.army.mil

Story & photo by Mildred Green

The 1st Battalion, 10th Special Forces Group (Airborne) Dining Facility on Panzer Kaserne has been selected as the Army's best small installation facility in Europe.

The Panzer DFAC earned the Installation Management Agency Europe Region's 2005 Phillip A. Connelly award for Installation Management Agency in the small Garrison category – and will represent IMA-E in the Army-wide competition later this year.

### Success through teamwork

The Panzer DFAC staff worked hard for this achievement, said Staff Sgt. Joseph White, senior food operation sergeant for the 554th Military Police Company. (The Panzer facility is staffed by personnel from the 6th Area Support Group, 1/10 SFG (A), and 554th MP Co.)

White said the weeks leading up to the competition were very busy and the staff worked many long days to prepare – but the result was worth the effort. "[Winning the Connelly] is the biggest thing in our profession," said White. "It's the biggest thing we can do for the unit, our future and careers."

### An exacting evaluation

Sgt. 1st Class Scott Shimon, the DFAC's assistant manager, said teamwork was essential to the facility's success. "[The entire dining facility] has to work together," he said. "The evaluators judge the facilities on everything," he said.

From the façade of the building and the grounds to the inside walls and floor paneling, "everything is looked at," Shimon said.

The evaluator who judged the Panzer facility even sat down and talked to diners in order to find out more about the facility's service, Shimon said.

For the overall competition, each facility was judged in three separate categories: a briefing given to the evaluation committee, an information package submitted on a compact disk and a final evaluation at the dining facility.

During the evaluation portion of the competition, each facility was graded on eleven major categories such as training and supervision, dining facility administration, food service sanitation, safety, appearance and attitude of food service personnel, and serving and troop acceptability.

### Top-rate service

Frank Mottin, the 6th ASG's food program manager, said he was extremely proud of all of the individuals who made the victory possible – and said that the Soldiers involved proved that they are a talented group. "Not only are they good Soldiers, but they are excellent in the field of food service," said Mottin.

### Community Support

Sgt. 1st Class James Richardson, the manager at the Panzer Dining Facility, said the Connelly victory was a big accomplishment for the entire operation (which consists of 14 Soldier cooks, 3 Soldier office personnel and 5 civilian kitchen personnel), but he noted that the win wouldn't have happened without support from the entire 6th ASG.

From the Directorate of Public Works – which Richardson said helped to make the dining facility a better looking building both inside and outside – to the facility's customers, Richardson said the win was a credit to the entire community.

As the reigning IMA-E champion, the Panzer facility will now compete for the Department of the Army's Connelly competition later this year.

This next level will be "very, very hard," Shimon said, "but [the team] feels confident."



Christine Castro

**A competitor puts his marksmanship skills to the test June 8 on the Panzer Kaserne firing range.**

## IMA-E Soldier, NCO of Year determined in Stuttgart

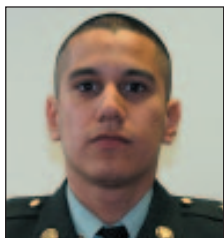
By Hugh C. McBride

A personnel clerk from Darmstadt and a member of the chaplain's office in Vicenza were named the Installation Management Agency Europe Region's Soldier and Noncommissioned Officer of the Year following a three-day competition on Kelley Barracks and Panzer Kaserne.

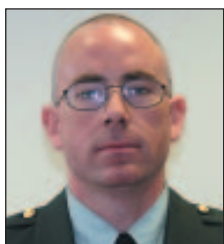
Spc. Jose Pazmino of the 233rd Base Support Battalion topped the Soldier category, and the 22nd Area Support Group's Sgt. L.A. Born bested the NCO group.

"This competition pulls the Soldiers out of their comfort zones. It makes them raise their standards a little bit higher," said IMA-E Command Sgt. Maj. Teresa King, who oversaw the competition June 8 to 10.

King described the competitors as "knowledgeable, prepared and energetic." Winning the awards, she said, involved "a lot of hard work from the supervisors as well as the individual Soldiers."



**Pazmino**



**Born**

## Stuttgart civilian earns 2nd straight Air Force award

By Christine Castro

For the second consecutive year, a Stuttgart civilian has been named the top test control officer in the entire Air Force.

Jerry Nelson, test control officer with the European Mission Support Squadron, was awarded the U.S. Air Force Personnel Testing Achievement Award for 2004 for his excellence in performance and testing support for Air Forces personnel.

Nelson, who began his civilian career after 26 years as an active-duty Airman, won the same award in 2003.

Nelson was selected from 85 total testing officers Air Force wide. He was also nominated for the Outstanding Civilian of the Year Award by the 38th Combat Support Wing.

"Not only does he do a great job, he manages the test program for more than 40 locations on three continents," said Maj. Andrew Harris of the European MSS.

In combination with over 50 special test control officers in



**Nelson**

satellite sites, Nelson supports over 1,860 Air Force personnel.

### Superior support

Such tests include the Defense Language Proficiency, Defense Language Aptitude Battery, Electronic Data Processing and the Armed Services Vocational Aptitude Battery tests.

"We don't just take care of Air Force, we also service civilians and other services. Most of the people we don't even see," Nelson said.

In addition, Nelson successfully administered over 500 tests to Air Force members in geographically separated locations boasting zero compro-

mised tests.

### Experience

Nelson first arrived to Stuttgart in January 1969 as Airman 1st Class Nelson. After four years, he relocated to Colorado (where he worked at the U.S. Air Force Academy) but returned to Stuttgart six years later.

Nelson retired from the MSS in 1989, when he began his career as a civilian employee.

Harris said that Nelson's more than 25 years of experience gives him the expertise that permits him to consistently go above and beyond his mission.

"He deserves the recognition. I can definitely rely on him day in and day out," Harris said.

"I have supervised seven [test control officers] in the last 10 years, and I have to say, he is number one," Harris added.

Nelson attributes his success to the support from the staff. "I get a lot of support. You don't just do it yourself. It takes a whole unit."

Nelson's accolades include a cash award and a trophy to be presented by the European MSS Squadron Commander Maj. Karyn Wright.

# 'Fab 4' hosts Friday fun

## Theme parties foster friendships, provide entertainment alternative

Story & photo by  
Samantha Garrison

Garmisch's version of the Fab 4 consists of Lenny Boykins, Will Guilford, Sgt. Cedric Simpson and Spc. Deacon Westervelt.

The group, which is composed of two AAFES employees and two Soldiers, has created a series of entertainment options on Friday nights in Garmisch.

While visiting an area disco, the group members came up with the idea of hosting Friday night parties to promote friendship among Garmisch's U.S. residents and German natives.

### One for all & all for fun

The idea was encouraged by the owner of the club, who approached Boykins – the AAFES store manager – about throwing a party at least once a month on Fridays to create a fun environment for single service members, Armed Forces Recreation Center employees and local nationals.

Boykins decided to get his friends involved – that's where Guilford, a Power Zone sales associate, Simpson, a personnel services Soldier, and Westervelt, a graphics specialist, came in.

All four have played important roles in turning the Friday night parties into a local sensation. Simpson maintains the budget and provides his culinary skills, while Guilford keeps the music going with his DJ talents and Westervelt pro-



**Three of Garmisch's 'Fabulous 4' (from left to right): Spc. Deacon Westervelt, Lenny Boykins and Sgt. Cedric Simpson. The group arranges bi-weekly theme nights in the Garmisch community.**

vides the graphic expertise to create eye-catching advertisements.

### Birth of 'The Fab'

It took the group a while to come up with a name they all could agree on. Finally, the Fabulous 4 (Fab 4) was born and began hosting parties in the Garmisch community.

At first the parties consisted of food, fun, and music, but recently the group decided to come up with themes for the Friday events that would make the nights even more exciting.

Fab 4 members meet at least twice a month to collaborate on new ideas and solve any challenges they may have encountered.

Their goal, they said, is to host

parties for a large mix of people from different age groups and to provide guests with a place to meet new people and enjoy themselves.

The next event is slated for June 24. The theme will be "Blast From the Past," and guests are encouraged to attend in attire from the 60s, 70s and 80s.

The music at the "Blast" will be a mixture of old school rock and R&B music. All Fab 4 events begin at 9 p.m. Cost is 5 euro, which includes entrance and an all-you-can eat buffet.

For more information on the Fab 4 events, e-mail [FAB4productions@hotmail.com](mailto:FAB4productions@hotmail.com).

## News & Notes

### SNAP survey update

Garmisch's Safe Neighborhood Awareness Program is sponsoring a Neighborhood Needs Survey to help the local force-protection effort become a more effective part of our community.

Community members are encouraged to complete a survey (which can be found in the Garmisch Bulletin) and return it to Debbie Manning, Garmisch SNAP coordinator.

Completed surveys can be faxed to 440-3536/civ. 08821-750-3536 or dropped off in the SNAP office on Artillery Kaserne (building 250, room 203) between 8 a.m. and 5 p.m.

For more information call 440-3618/civ. 08821-750-3618.

### Pass & ID, Tricare offices relocate

• The Pass and ID office has relocated to building 203, room 22 (the old Tricare office) on Artillery Kaserne.

Pass and ID is open Mondays, Tuesdays, Wednesdays and Fridays, 9 to 11:30 a.m. and 1 to 4:30 p.m. Thursdays, the office is open from 1 to 3 p.m. only. The office is closed on all U.S. holidays.

For more information call 440-3737/civ. 08821-750-3737.

• The Tricare office has moved to building 203, room 7 on Artillery Kaserne (in the dental clinic).

The Tricare office is open daily, 8 a.m. to 1 p.m. and 2 to 5 p.m. However, please note that the office is closed Thursday afternoons.

For more information call 440-3816/civ. 08821-750-3816.

### Ansbach vet clinic representatives to visit

Representatives from the Ansbach Veterinary Clinic will be in the Pete Burke Center June 27, 9 a.m. to 3 p.m. Available services include health certificates, treatment of minor diseases, annual vaccinations and professional veterinary advice.

For more information or to schedule an appointment call 467-3179/civ. 09802-833-179.

### Writer/editor needed in Garmisch

The 6th ASG Public Affairs Office is seeking a qualified individual to fill a part-time (20 to 30 hours weekly) contract as a writer/editor in the Garmisch area. Applicants must have a bachelor's degree and a minimum of two years experience. Pay is based on experience.

For details or to submit a resume e-mail [marisa.i.toth@us.army.mil](mailto:marisa.i.toth@us.army.mil).

### New VAT system in Germany

A network Value Added Tax relief system is now up and running live throughout Germany.

This program, which is being implemented at the direction of U.S. Army, Europe, and the Installation Management Agency Europe Region in conjunction with German tax authorities, is designed to monitor the use of VAT forms and to ensure that all forms are accounted for.

The new system requires re-registration of all participants, and the AST VAT Office personnel will review VAT rules with individuals as they register. Because of this change, customers are asked to allow for extra time when they purchase VAT forms.

For more information, visit the Area Support Team VAT Office in building 212 on Artillery Kaserne or call at 440-3711/civ. 08821-7503-711.

### Accompanist wanted for Catholic Mass

The Garmisch Community Catholic Congregation is seeking an accompanist to play at Mass on Saturdays and Sundays starting in August. The schedule is flexible, as is the instrument (piano, organ, and guitar players are all welcome).

For more information call Jan Denikiewicz at 440-3503/civ. 08821-750-3503 or Denise Kangas at 440-2819/civ. 08821-750-2819.

### Religious Education Coordinator needed

The Garmisch Community Protestant congregation is looking for a qualified individual to serve as its Religious Education Coordinator through Sept. 30. For details call Chaplain Ronald Benzing at 440-2819/civ. 08821-750-2819.

### Nordic walking offered weekly

Get your heart and legs in gear for a great hour of outdoor exercise. Nordic walking improves endurance and strengthens the entire body.

Find out how fun it can be while enjoying breathtaking views of the Bavarian Alps Mondays, 5:30 p.m. at the Mueller Fitness Center. As there are a limited number of poles, it is best if you can bring your own. Individuals of all fitness levels can participate.

For details call 440-2747/civ. 08821-750-2747.

### Donations and volunteers needed

Christine Martin is organizing a "Building Bridges by Helping Others" effort to support U.S. troops downrange, and is accepting donations of summer clothing, shoes, books, videos, school supplies and toys. Also needed are clean boxes suitable for mailing and anyone with a few hours to give to help with sorting and packaging.

For details call Martin at 08821-966-7511 or e-mail [b3helpingothers@yahoo.com](mailto:b3helpingothers@yahoo.com). Details are also available from Army Community Service (440-3777/civ. 08821-750-3777).

## Garmisch celebrates Asian culture

Story & photo by Samantha Garrison

Garmisch celebrated Asian Pacific Heritage Month with a May 21 event in the Pete Burke Center.

Cultural displays gave attendees an opportunity to learn more about various Asian-Pacific cultures, and participants could also sample traditional foods such as Yaki Soba, Kim Chee, egg rolls, Thai Curry, Pancit, and even roast pig.

The afternoon also featured a Tae Kwon Do demonstration, a Hawaiian dance performance, Filipino Bamboo demonstration, fashion show and crafts for the whole family to enjoy.

"When our families get together, we celebrate milestones such as weddings, graduations, and birthdays," said Kelley San Nicholas, who coordinated the event. "We cook big meals so that the entire family can come together and celebrate the important events in our lives."

"There are many celebrations of life, food, and culture that can be passed down from generation to generation," San Nicholas added.

Participants agreed that the food was amazing and the demonstrations were both educational and entertaining.

"We hope that this event will continue to be a success in years to come and many more will join," said one of the event's volunteer workers.



**Kealohi San Nicolas appears in traditional attire during Garmisch's Asian Pacific Heritage celebration May 21 in the Pete Burke Center on Artillery Kaserne.**

# Students learn freedom from unlikely source

Story & Photo by Christine Castro

Most Americans would be outraged if someone told them that they would not be allowed to listen to the music of their choice, read certain books, eat what they want, or speak their mind.

Maria Anne Hirschmann knows exactly what life is like under such restrictions.

A former member of the Hitler Youth, Hirschman spoke to Patch High School students May 25, one of several appearances she made on Patch Barracks.

More than 100 students gathered in the PHS gymnasium to listen to the "other side of the story" as described by Hirschmann (who goes by the name "Hansi").

During moments that were almost too difficult for her to continue, many students sat with tears in their eyes as Hansi recounted the events in her life.

"As I speak, my knees buckle, that is how strong the memory still is," Hansi said.

Senior Master Sgt. Pat Gray organized Hansi's appearance in coordination with 6th Area Support Group School Liaison Officer Joyce Kennedy.

"As a military person, I could not think of a better person to speak [about freedom] than her," Gray said.

## What is freedom?

After surviving the Nazi regime, Hansi said she had to get used to a daunting new concept: freedom.

"Hitler said he gave us freedom, but the dictatorship told us what to think, eat, say and do," Hansi said. "And that is not what the Americans had."

"When someone gives you freedom, they give you a choice. That means that you have two sides of the story," she said. "When people come out of a dictatorship ... they don't know what to do."

Hansi found that freedom was a hard thing to live with, she said. "Freedom gives you responsibility and requires an inner control, or inner ethic."

Hansi thanked the American military for providing her with this freedom, and for what the military is doing to promote freedom throughout the world. "God bless you all, God bless the U.S. military and my new homeland, the United States."



**Maria Anne Hirschmann signs a book she wrote before donating it to the Patch High School library.**

Following Hansi's discussion, freshman Matt Moon thanked her for explaining her point of view.

"I never thought of things the way she [explained them]," Moon said. "Freedom is something of value and not something to take for granted."

"The things she said made me realize that we take a lot of things for granted," said Julie Johnson, a junior.

Johnson said she kept asking herself the question that Hansi asked during her speech. "If I died right now, where would I go tonight?" Johnson said. "It was a very touching experience, and probably one that we would not have encountered on our own."

Johnson said she believed Hansi's message was important for a teen audience to hear. "There is life after high school. You have to have dreams and pursue those dreams because we have that freedom, whereas there are other kids who do not have that," Johnson said. "We need to not take it for granted and make something of the right we have."

## Journey to freedom

Maria Anne "Hansi" Hirschmann was a German born in Czechoslovakia after World War I – a time when, she said, there was little food and water and no hope.

A voice over the loud speaker said, "Adolf Hitler sends us to bring you food, and hope, and work." Hansi said, "[Hitler] came at a time when Germans needed [it the most]."

Brainwashed into believing that Hitler was a good man, Hansi became a high Nazi youth leader. "You can believe something with all your heart and sincerity, and can be dead wrong," Hansi said.

At the end of WWII, following Hitler's death, Hansi found herself in a communist labor camp.

"Marked by the white band, we became like animals, hunted by the Russian soldiers," she said.

Hansi was given a tip – if she wanted to escape, she needed to go to western Germany, to the "American Zone." Although she was trained to hate the Americans, she fled to her only chance for freedom.

Hansi's trek led her to a death trap called "No Man's Land" and later to a Russian death camp. Somehow escaping both, Hansi rushed to the nearest building in sight with a light on, only to be greeted by what she thought to be her worst nightmare – an American Soldier.

Hansi recalled being terrified at the sight of the Soldier. "The American Soldiers were the gangsters and would rape, torture, and kill you," Hansi said she had been taught.

"That day changed my life forever. The American Soldiers gave us food, hot drink, and they smiled. They took care of us and let us go unmolested," Hansi said, as her voiced cracked and tears welled up in her eyes. "They were good to me. They were kind to me."

Hansi later married an American Soldier and was given permission to migrate to America in 1955, at the age of 29, with her husband and two children.

– Christine Castro

## Auto-payment system to replace school lunch tickets

By Mildred Green

The days of purchasing school lunch tickets will soon be a thing of the past for parents of Department of Defense Dependents Schools students in the Stuttgart military community.

According to an AAFES news release, AAFES will replace the current lunch ticket method with a school meal auto-payment system scheduled to be implemented during the first few weeks of the 2005-2006 academic year.

Among the new benefits, the innovative system offers parents the convenience of no longer having to purchase lunch tickets. With the new auto-payment system, parents simply deposit money into a meal account for each child they have in school.

The plan even offers parents the option of allowing their children to purchase additional lunch items without the worry of providing their children with extra cash.

### Enrollment

When the meal auto-payment plan becomes operational, meal accounts can be opened at the AAFES cashier's cage, the shoppettes on Panzer Kaserne, Kelley Barracks and Patch Barracks; and the CX on Robinson Barracks, said Thomas Gagnon of AAFES.

Gagnon said that once the student's account is active, money can be added to the account at the AAFES cashier's cage or at the school cafeteria. Parents will also be able to exchange on-hand lunch tickets for credit to the auto-payment system.

School cafeterias will continue to accept lunch tickets while the new system is being phased in. However, tickets will no longer be sold once the new system is fully implemented.

### How it works

According to the AAFES release there are two options for the auto-payment plan: a meal account (regular pattern meal) or a general account (regular pattern meal and a la carte items).

Children will be able to access their meal account at the school with a pin number. Pin numbers will be given to each student along with his or her own account in order to help prevent pin number theft.

However, in case a student does not remember his or her pin number, an added feature in the system allows cashiers to pull up each student's name and picture to verify the account.

When a pin number is entered into the computer, the cashier's screen displays the student's name, picture, grade, homeroom, birth date, expiration date (if set), category (free, reduced, full price, teacher, adult or employee) and the last serving date. In addition, an alert pops up on the screen to inform the

cashier of important information, such as "lactose intolerant."

The system also informs the cashier when the account balance is low so that the cashier can remind the customer.

Also, parents can choose not to allow their children to charge certain items, to purchase a la carte items or second meals.

Parents can also set a charge limit and a spending limit. Money not claimed will remain in the student's account for use during the next school year.

### Free or reduced lunches

Parents who decide not to open a school meal account for their children can still pay cash for their children's meals; however, this does not apply to those who qualify for the free and reduced lunch.

Parents who wish to participate in the free and reduced lunch program need to establish their eligibility before opening their children's meal account.

To determine eligibility, parents must contact their school's administrative office. Participation in the free and reduced lunch program is optional. However, students participating in the free and reduced lunch program must use the auto-payment plan.

Before families PCS to a new duty station, they must close out their students accounts at the AAFES cashier's cage. Parents will receive a cash refund for the account balance.

### 'Just the Facts' about the new payment plan

- The school meal auto-payment plan is slated to be implemented during the first few weeks of the 2005-2006 academic year.

- When the meal auto-payment plan begins operating, meal accounts can be opened at the following locations:

- Patch Barracks PX
- Panzer, Patch and Kelley shoppettes,
- Robinson Barracks CX

- Parents will be able to deposit money into accounts for each child they have attending school.

- For more information about the plan e-mail Thomas Gagnon (gagnont@aafes.com).

# A celebration of community

## Stuttgart salutes Class of 2005



**You know you're special when even the statues applaud you. Three stone busts at the entrance to the Leinfelden Filderhalle are dressed appropriately to greet the graduating members of the Patch High School Class of 2005.**



**[Above] Patch High School valedictorian Ehrin Hopkins speaks about the true measure of success during her address to her fellow graduates June 12 in the Leinfelden Filderhalle.**

**[Right] Soon-to-be PHS alumnus Christina Hunt enters the Leinfelden Filderhalle. Each member of the graduating class was announced individually and entered the Leinfelden Filderhalle beneath the crossed swords of the school's JROTC Honor Guard.**



Story & photos by  
Hugh C. McBride

Sixty-four members of the Patch High School Class of 2005 walked across the stage and into the rest of their lives during the PHS graduation ceremony June 12 in the Leinfelden Filderhalle.

But though the ceremony was centered on the students in the caps and gowns, the afternoon also served as a celebration of community and a testament to the power of shared successes.

### Crucial support

"Education is a team effort. It's a partnership," said PHS Principal Steve Provinsal.

In addition to thanking the students' parents and family members, Provinsal also lauded the U.S. European Command and the 6th Area Support Group for their support.

EUCOM was represented at the ceremony by Lt. Gen. Colby Broadwater III, the command's chief of staff, who was also the commencement speaker.

In attendance from the 6th ASG were Commander Col. Gwendolyn Bonéy-Harris, Deputy to the Commander Joseph Moscone, and Command Sgt. Maj. Daniel Chavez.

To illustrate the breadth of support that exists for the graduates, Provinsal asked audience members who had traveled from outside Germany to stand. More than 50 individuals – including about 40 who came from the United States to attend the ceremony – responded.

"What we see in this audience is a partnership of parents and community," Provinsal said. "It is a partnership for which we are most grateful."

The principal wasn't the only one to acknowledge the many mentors who led the students along their educational paths.

Though she noted that her classmates possessed a wide range of skills, talents and abilities, class salutatorian Rachel Duke said "none of us would be who we are today without ... mom's encouragement, your boss's nods of approval and your friends who were there in your times of need."

Graduation, Duke said, marked a moment of change in the relation-

*'People have invested in me. Now is my time to show them the profits of their investment.'*

**Rachel Duke**  
PHS Class of 2005

ship between the students and their support networks.

"People have invested in me," Duke said. "Now is my time to show them the profits of their investment."

### Setting the standard

Acknowledging the apprehension that often accompanies milestones such as graduation, Broadwater advised the students that their educations and experiences had prepared them for the challenges that await them.

"Whether or not you think you're ready, you are," Broadwater said. He noted that the members of the Class of 2005 were leaving a "legacy of success" that included athletic championships, academic achievements and artistic accomplishments.

Broadwater also reminded the students of the advantages of the environment in which they spent their high school years.

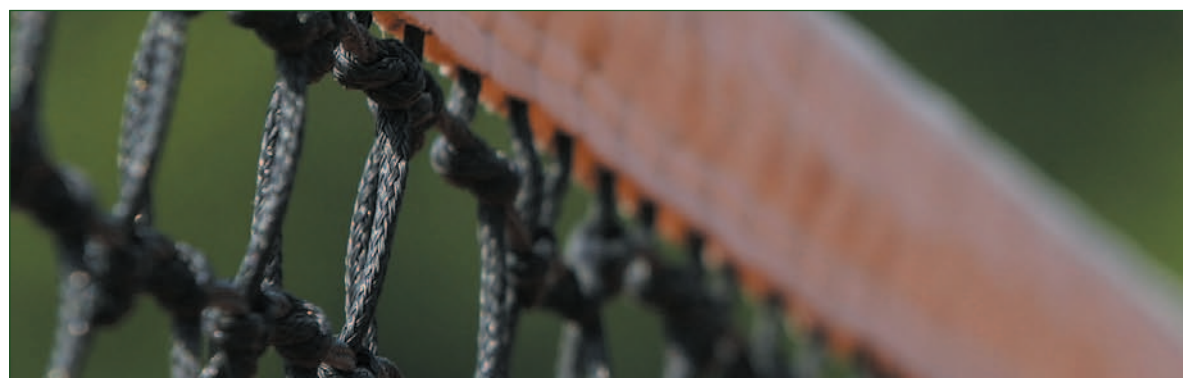
"The experience of living overseas ... has separated you from your peers," he said. "Wherever you go and whatever you do ... insist on making a difference."

### A global audience

In addition to a nearly full Filderhalle, the PHS ceremony was also "attended" by deployed service members who were able to watch the event via a live broadcast coordinated by AFN and the 52nd Signal Battalion.

Two members of the graduating class had family members downrange.

"We are privileged and honored that we could broadcast this event live [to the troops downrange]," Provinsal said.



**Tennis, Anyone?**

*Lessons available through Stuttgart CYS*

**\$17 per hour (in groups of four)**  
**\$ 25 per hour (private)**

*For details visit Patch Youth Services  
or call 430-7458/civ. 0711-680-7458*



# Congratulations PHS Class of 2005



[Above] Patch High School graduates Kathryn Lonergan, left, and Tatiana Maldonado enjoy a blossom-adorned moment of celebration in the Filderhalle lobby moments after the end of the school's June 12 graduation ceremony.

[Left] Graduate Brian Rivers receives a congratulatory hug moments after accepting his diploma June 12 in the Leinfelden Filderhalle.

[Right] Patch teachers Steve Schmidt and Mary Kelley serenade the soon-to-be graduates during the class presentation portion of the PHS graduation ceremony.

## Class of 2005

PHS Principal: Steve Provinsal  
Graduates: 64

### Graduation

Leinfelden Filderhalle  
June 12, 2005

- Valedictorian: Ehrin Hopkins
- Salutatorian: Rachel Duke
- Commencement Speaker: Lt. Gen. Colby Broadwater
- Class Presenters: Steve Schmidt & Mary Kelley

### Class Officers

- President: Devon Wilford
- Vice President: Tatiana Maldonado
- Secretary: Rachel Duke
- Publicist: Jennifer Clauch
- Student Council Representatives: Destini Jones & Brittney Schroyer



[Above] Aaron Conn participates in the rose presentation portion of the PHS graduation ceremony after receiving his diploma. In keeping with PHS tradition, after walking across the stage to receive their diplomas, each graduate from the Class of 2005 walked into the audience to present a rose to a family member.

[Right] Graduate Katherine Baier is all smiles as she poses with her appropriately adorned stuffed sidekick outside the Filderhalle following Patch High School's June 12 graduation ceremony.

[Top Center of Page] The senior photos of the members of the Patch High School Class of 2005.



# From grads to cadets

## Short summer vacations in store for academy-bound graduates

### Student Council president heading to West Point

By Melanie Casey

Adam Fugent is getting ready to join the Long Gray Line. Fugent, the son of Sgt. 1st Class Howard and Sharon Fugent, and a 2005 Patch High School graduate, earned an appointment to the prestigious U.S. Military Academy at West Point, New York. He reports for Cadet Basic Training at the end of June.

There, he will follow in the fabled footsteps of such USMA graduates as Gens. Robert E. Lee, Ulysses S. Grant, Dwight Eisenhower and Omar Bradley.

But by joining the Army, Fugent will be following in his dad's footsteps as well: His father is a 24-year Army veteran and Special Forces Soldier currently working with the 1st Battalion, 10th Special Forces Group (Airborne) on Panzer Kaserne.

#### Always Army

From the time he was a child, Fugent knew he was going to join the Army. "It was always Army, no matter what," he said.

Initially offered a full scholarship to Penn State, Fugent's plans changed when he found out in January that he was accepted to West Point. "If I'm going to be leading people into combat, I want to be the most prepared I can be," he said. "West Point is geared to make you the best you can be."

Fugent's decision to join the military was difficult for his father, a career Soldier, to accept at first.

"Initially, I had second thoughts [about Adam joining the Army]," Sgt. 1st Class Fugent said. "I have given a lot to the Army over the years. Did I want to give them my son, too?"

But, he added, "He's going where he should be going. He's a good kid and will be a great leader."

Retired Army Sgt. Maj. George Goodrum, one of Fugent's Army Junior Reserve Officer Training Corps instructors at PHS, echoed that sentiment.

"The qualities that make up a West Point cadet come from the individual," Goodrum said. "[Fugent] was a standout with the cadets and has the potential to be an outstanding officer."

#### Airborne aspirations

When Fugent graduates from West Point, he will be commissioned as a second lieutenant and must give the Army a minimum of five years active duty service, with three additional years pledged to the U.S. Army Reserve, he said.

He hopes one day to become a pilot with the elite 160th Special Operations Aviation Regiment (Airborne), known colloquially as the Night Stalkers.

With that goal in mind, he is considering a degree in aeronautical engineering.

#### Well-rounded student

The USMA Web site ([www.usma.edu](http://www.usma.edu)) advises potential cadets that they will "need a well-rounded background to successfully

compete for admission to West Point, so start early."

Clearly, Fugent has heeded that advice. With four years of JROTC under his belt – all spent with PHS' Eighth Battalion, including the past year as the battalion commander – Fugent started working on his leadership skills early in his high school career.

In addition to his JROTC experience at PHS, Fugent has served as the president of the PHS Student Council; National

Honor Society vice president; rifle team captain and golf team co-captain. He scored 1,400 on his SAT test last year and boasts a 3.4 grade point average.

Fugent is quick to give some of the credit for his success to others, however.

In particular, he said, he believes that without the help of PHS English teacher Carol Zenk-Rehwaldt, he would probably not have been accepted to West Point.

Zenk pushed him to excel in vocabulary and taught him to write well, he said, which helped him with his SAT score.

As he heads toward the Long Gray Line of West Point and a military future, Fugent said he is taking with him the following advice from his father: "No matter what happens, keep trying and never quit. When you truly fail is when you quit."



Fugent

### Air Force Academy cadet keeping it in the family

By Melanie Casey

When Katie Anderson returns to Colorado at the end of June, she's not just going back to the place she calls home.

She's returning to be a cadet with the U.S. Air Force Academy in Colorado Springs. She reports for Basic Cadet Training at the end of June.

Upon graduation, she will owe the Air Force a minimum of five years' service.

Anderson, daughter of Col. Keith and Kathy Anderson, and a 2005 Patch High School graduate, was not always sure about joining the military. But she knew that if she attended the Air Force Academy, she "could do whatever she wanted," she said.

"I'm thrilled that she's chosen to attend the Air Force Academy," Col. Anderson – himself an academy alumnus – said. "It's a wonderful place to get a start on whatever you want to do."

Anderson said she has wanted to attend the Air Force Academy since she was in ninth grade because, she said, it offers high quality instructors and standards and "schools you in everything and anything."

She has not yet chosen a major, though she said she is good at a "bunch of things, not one particular thing."

"I don't care what she chooses as a career," Col. Anderson said. "I just want her to be productive."

He noted that part of the Air Force Academy's mission is to produce "Leaders for America," and said that his daughter will lead in whatever she does, military or otherwise.

Whether or not she stays military, Anderson "will be an asset – that's the

type of person she is," said retired Army Sgt. Maj. George Goodrum, one of Anderson's Army Junior Reserve Officer Training Corps instructors at PHS.

"You can rely on her to get anything accomplished. Just tell her what to do, and she'll do it," Goodrum added.

#### Model student

Though she has lived in Stuttgart for only a few years, Anderson has amassed an impressive high school record: She served with the Junior Reserve Officer Training Corps for two years, acting as PHS's Eighth Battalion S-1 during her senior year; she was the Student Council vice president; she ran cross country and track; and she was a member of the rifle and drill teams.

An "outstanding rifle team shooter," Goodrum said, Anderson was the only PHS JROTC cadet to bring home an individual trophy from the U.S. Army, Europe Rifle Team competition during the 2004-05 school year.

All the while, she managed to maintain a 4.0 grade point average and score 1340 on her SAT test last year.

Anderson credits PHS history teacher Martha Drane as one of her inspirations.

"She's an amazing teacher and pushes you to excel in and out of the classroom," she said. "She cares."



Anderson



Prom 2005: 'A Night on the Town'

[Above] Patch High School Prom 2005 Princess Katie Arnold and Prince Carl Jaeger enjoy a royal time in the Swabian Special Events Center.

[Right] A group of PHS prom-goers gathers for a pre-dinner photo outside the King's Palace Chinese Restaurant.



photos courtesy Pam Bullock

# Emergency placement families open homes, hearts to children in need

By Terri Alejandro

As a result of the Army's intensive campaign focused on assault and abuse prevention, adults are bombarded almost every day with information on how to get help if they are physically abused or sexually assaulted.

But what happens to the smallest victims – some too young to even speak? Who responds to the often-silent cry for help of a child neglected, physically abused or caught in the crossfire of family conflict?

The mission of Army Community Service's Family Advocacy staff is two-fold – to prevent domestic violence through education and to offer assistance and intervention when abuse is discovered. A critical intervention tool is the use of an Emergency Placement Family.

"When a parent or guardian cannot care for a child, an Emergency Placement Family provides them a safe, nurturing environment," said ACS staff member Holly Munoz. Munoz, whose primary role is that of Sexual Assault Response Coordinator, also trains individuals participating in the EPF program.

## Referral and placement

"The cases we get for temporary placement are referred to us through Social Work Services," said Munoz. If the SWS inquiry results in a child being removed from a harmful environment, the child will be placed with an emergency placement family.

"Having trained families available [to take in a child] is so important," Munoz said, "not only to remove a child from the immediate situation, but to interrupt the cycle of violence." Children are placed with a family much in the same manner of stateside foster care; however, there are differences.

For example, in the States, foster care can often be a permanent placement, whereas in an overseas military community it is an interim measure usually not lasting more than 90 days, Munoz said. The goal is to provide the child with a stable, caring environment. Maintaining the child's normal routine is very important, she explained.

"If the child takes ballet or participates in a sport, keeping them in their routine offers another layer of security and normalcy during a difficult time," she said.

Ideally, the intervention, creation of a treatment plan and subsequent counseling will result in the child being returned



file photo illustration

**Opening their homes and hearts to children during times of need, emergency placement families are an essential component of a community's comprehensive commitment to its children. The Stuttgart military community is currently in urgent need of additional emergency child care providers.**

to parents better equipped to handle them appropriately.

In an instance of severe abuse the child will be permanently removed from his or her home and either returned to stateside foster care or placed with an adoptive family.

This was the case with an infant who recently needed to be removed from parental care. When Munoz was notified of the situation, she called upon an emergency placement family in Stuttgart for assistance.

## Part of the family

Initially reluctant to participate in EPF training, Scott Cole mulled it over with his wife, Robi, and daughter before the choice became clear. "I thought, here is this tiny baby who can't defend himself and a parent did something like this – we have to help – how could we not?" Cole said.

The bond that forms between caregiver and child, especially infants, can be powerful even during a brief placement. The Coles had to deal with the emotional impact on their family when the baby was eventually placed with an adoptive family in the U.S. "The little one had become part of our family – we hated to see him go," said Cole. They hold high hopes for the baby's complete recovery and say they "think he's definitely going to be okay" and say they're glad they could be there when the baby needed a loving home and extra-special care.

Though it was an emotional experience, Cole says he found it deeply rewarding.

The Coles leave the Stuttgart area soon for their next duty station in Tampa, Fla., but plan to continue opening their home to children in need.

"It wasn't easy, but would I do it again?" Cole asked. "Definitely."

Unfortunately, the Coles were the only family trained and prepared to receive a child placement and their departure leaves the Family Advocacy Program with no emergency placement providers.

"We really need to let the community know we need their help and encourage them to learn more about the process," Munoz said.

## Orientation and training

There are several steps involved and the process begins with an orientation class. Munoz explains the training and commitment involved and gives potential caregivers the opportunity to ask in-depth questions to find out if being an emergency placement provider is truly for them.

The next step involves a detailed questionnaire and a child care background check.

Basic first aid and CPR training are given free of charge. Up to 10 hours of additional training may be required, based on each individual's experience, to complete the process. "Those who can show they're already first aid and CPR qualified are one step closer," Munoz said.

There are two additional specific requirements for caregivers. "You have to be over 21 and you have to live on post," Munoz said; however, she noted that "people who are single or who work full-time should not think these factors exclude them from participating."

When a child is placed with an individual or family where both parents work full time, ACS picks up the cost of child care. This may, in fact, benefit the child by mirroring the child's normal routine of going to the Child Development Center.

ACS also pays a stipend of \$35 per child, per day, for each day the child is in the care of the family.

Munoz acknowledged that the commitment involved in providing family care is not for everyone, but encouraged those with an interest to attend an orientation and learn more.

*The next orientation class is July 13, 6 to 8 p.m., in the ACS classroom.*

*To register call 430-7176/civ. 0711-680-7176 or visit ACS in Washington Center, bldg. 2307, Patch Barracks.*

## Information about 'whooping cough'

Dr. Amit Bhavsar

Stuttgart Army Health Clinic

**B**ordetella pertussis – or, as it is more commonly known, "whooping cough" – is a contagious bacterial infection of the upper airway.

The disease is classically more severe in children, and can be fatal in those under one year of age. In preadolescents and adults, the disease is often mild and may not appear different than a common cold.

## Symptoms

Typically, this disease begins as what appears to be a cold with a cough for about one to two weeks.

For three to 10 weeks after that, the "par-

oxysmal stage" occurs, in which the congestion and other classic cold symptoms resolve but a severe cough persists.

During this stage, "fits" of coughing lasting up to 10 minutes may be accompanied by vomiting, shortness of breath, or the typical prolonged "whoop" sound.

## Transmission

Usually prolonged close contact with someone who has the disease and is coughing is required in order to be infected.

Just being in a room with an infected person should not be sufficient exposure to catch the disease.

In the United States, children are immunized against pertussis at 2,4,6 and 18 months and again at 6 years. However, the

immunity that results is believed to decrease after 7 to 10 years.

## Treatment

Individuals who are displaying pertussis symptoms should be evaluated by a physician.

Also, anyone who lives with an individual who has a confirmed case of pertussis, should be evaluated – even if they are not experiencing symptoms at the moment.

However, just having limited casual contact with an infected individual does not mean a person should be evaluated (unless, of course, he or she is experiencing symptoms).

If you need to be evaluated by a doctor, you will be asked to wear a mask to protect

others from your cough when you come into the clinic.

The doctor may decide to run tests to look for pertussis, and you may be started on medication.

If you are experiencing symptoms, the physician may ask you not to report to work or school until the medication has had time to kill the organism that causes the disease – after which you will no longer be able to transmit the disease to others.

*For more information:*

• Stuttgart Army Health Clinic – 430-8610/civ. 0711-680-8610.

• Whooping Cough Home Page – [www.whoopingcough.net](http://www.whoopingcough.net).

## Summer Safety Campaign

# Hydration keeps hot-weather injuries at bay

By Melanie Casey

The warm summer sun may seem inviting, but overdoing physical activity during hot weather can cause a plethora of preventable physical ailments such as heat rash, heat cramps, heat exhaustion and heat stroke. Learning to discern the difference between the types of heat-related illnesses can help with both prevention and treatment.

### Symptoms & Treatments

**Heat rash** is caused by sweating in a hot and humid environment. Symptoms include a cluster of small blisters in the neck, groin, under arms and breasts and in skin creases.

To treat heat rash, take a cool shower and apply baby powder with corn starch to the affected areas.

**Heat cramps** result from an excessive amount of salt loss from perspiration. Painful cramps in the major muscle groups, such as arms or legs, are indicative of this heat-related illness.

To treat heat cramps, drink cool water and rest in a shady or otherwise cool area.

**Heat exhaustion** is caused when an excessive amount of salt and water is lost from the body through perspiration.

Symptoms include profuse sweating, headache, weakness, nausea, cool skin and a tingling sensation in the extremities. Individuals suffering from heat exhaustion should drink water, elevate their feet, rest in the shade and seek medical attention immediately.

**Heat stroke** is a true medical emergency, because if left untreated it can be deadly.

Heat stroke is caused when the body's heat regulatory mechanism stops working, resulting in headache, dizziness, delirium, weakness, red, hot skin and unconsciousness.

To treat, place the victim in a cool shaded area, soak his or

her clothing in cool water, elevate his or her feet and call for medical help immediately.

### Prevention

To prevent the onset of these heat-induced ailments, the U.S. Army Center for Health Promotion and Preventative Medicine - Europe recommends the following:

- **Drink plenty of fluids**

Increase intake no matter what your activity level is.

During hot weather, individuals need to drink more than their thirst may indicate, but avoid very cold drinks (they can cause stomach cramps) and alcoholic drinks (which cause fluid loss).

As a general guideline, drink two to four glasses (16 to 32 ounces) of fluids each hour during heavy exercise in a hot environment.

- **Replace lost salts and minerals.** Heavy sweating removes necessary salt and minerals from the body. To replace them, drink a sports drink or fruit juice during exercise or while working in the heat.

- **Do not take salt tablets** unless directed by your doctor.

- **Listen to your body.** If exertion makes your heart pound and leaves you short of breath or lightheaded, confused or weak, stop all activity and rest in a cool area.



file photo

**If your workout takes you outdoors this summer, be sure to dress appropriately, drink plenty of fluids and pay attention to your body's needs.**

Other tips to avoid succumbing to a heat-related illness this summer include the following: Avoid heavy meals at lunchtime; wear appropriate clothing; maintain a well-balanced diet; and schedule outdoor activities during the cooler part of the day.

For more about how to stay safe year-round call the 6th Area Support Group Safety Office at 421-2752/civ. 0711-729-2752 or e-mail dreizlerh@6asg.army.mil.

6TH ASG PRESENTS

# 4TH OF JULY

**ROBINSON BARRACKS**

**FRIDAY JULY 1:**

DOORS OPEN 6 P.M.

STUTTGART SINGERS 5:45 P.M.

RODEO 7 P.M.

LIVE MUSIC BY: GOLDEN NUGGET (COUNTRY) 7 P.M. - MIDNIGHT

**SATURDAY JULY 2:**

DOORS OPEN 3 P.M.

RODEO 4 P.M. & 7 P.M.

LIVE MUSIC BY: PEGUSUS (VARIETY) 7 P.M. - MIDNIGHT

**SUNDAY JULY 3:**

DOORS OPEN 1 P.M.

RODEO 2 P.M. & 5 P.M.

LIVE MUSIC BY: NO NAME BAND (VARIETY) 7 P.M. - 11 P.M.

**MONDAY JULY 4:**

DOORS OPEN 6 P.M.

RODEO 7 P.M.

LIVE MUSIC BY: CUSTER (COUNTRY) 7 P.M. - 10:30 P.M.

FIREWORKS DISPLAY 10 P.M.

FOOD BEVERAGES  
RODEO  
LIVE MUSIC  
FIREWORKS DISPLAY  
DOLLAR & EURO EXCEPTED

# RODEO

## WEEK END JULY 1-4

# Guest of Honor

## *Medal of Honor recipient meets with Stuttgart service members, attends Army Ball*

By Christine Castro

John F. Baker says he's no hero. From the reactions of the service members he met during a recent visit to Stuttgart, though, he's not very successful at convincing people to agree with that self-effacing assessment.

A retired Army master sergeant, Baker earned the Medal of Honor for his actions during the Vietnam War. But according to him, the medal isn't his – it belongs, he said, to the men and women he served with in Vietnam, and to “each and every one who serves today.”

This is what Baker said in a June 6 professional development session in the Patch Community Club. About 60 service members attended the event, during which Baker shared his story of the day he earned the Medal.

Baker was a private first class serving with the 25th Infantry Division when, on Nov. 5, 1966, his company came under intense fire in the middle of a jungle near Quan Dau Tieng.

When the leader of his group was killed, Baker immediately took the lead and – braving enemy fire – evacuated a number of dead and injured Soldiers and killed several of the enemy.

Though he was blown from his feet by a grenade, he quickly recovered and single-handedly eradicated two enemy bunkers – saving the lives of several of his comrades in the process.

According to his MOH citation, “Sgt. Baker’s selfless heroism, indomitable fighting spirit, and extraordinary gallantry, were directly responsible for saving the lives of several of his comrades, and inflicting serious damage on the enemy.”

### *Honored and humbled*

“It was an honor for me to be in the presence of a Medal of Honor recipient,” said 6th Area Support Group Command Sgt. Maj. Daniel Chavez. “I was very moved and humbled to hear how he viewed [receiving the Medal of Honor]. We know it does not come easy; he sacrificed himself for his comrades.”

Others in attendance were inspired by Baker’s willingness to share his experiences with others – even though he said he is not a good speaker.

“Being a Medal of Honor recipient ... it would be the hardest thing, to relive a horrible experience every day of

*‘It was very hard coming back from Vietnam.*

*I hope America does not turn against the troops like it did us.*

**John F. Baker**

*Medal of Honor Recipient*

[his] life, and discuss one of the most traumatic experiences of his life,” said Staff Sgt. Charles Johnson of the EUCOM Plans and Operations Center.

Though he admits that he doesn’t like to speak in public, Baker said he does so “because of the troops. The younger generations want to know what it was like in Vietnam.”

### *A trained Soldier*

During a question-and-answer period, one attendee wondered how Baker prepared for the actions that earned him the Medal of Honor.

“When you see your buddies falling down, your mind takes over. You just have to do what you were trained to do,” Baker replied. “A lot of the stuff I did, I did not know that I had done until the next day, it’s an adrenaline rush and your mind takes over.”

In situations such as the one he found himself in during the war, “you just automatically pick up what you are trained to do,” Baker said. “When you are in a situation in battle, you always look after your men.”

### *America’s support*

A number of Soldiers also asked about the differences Baker noted between the 1960s and today.

“[The Soldiers] had the same spirit our troops now have,” Baker said. “[But], now they are trained better and have more experience. At least right now you have America’s support behind you.”

Because of the strong anti-war movement in the 1960s,



Hugh C. McBride

**Medal of Honor recipient John F. Baker receives a standing ovation during Stuttgart’s Army Ball.**

Baker said, “it was very hard coming back from Vietnam. [Now] the American people stay with [the troops]. I hope that America does not turn against the troops like it did us.”

Baker’s visit to Stuttgart was one of many scheduled visits throughout Germany to include Ramstein Air Base, Landstuhl Regional Medical Center, and other installations in Heidelberg, Würzburg, Schweinfurt and Grafenwöhr.

While visiting Stuttgart, Baker and his wife also attended the Army Ball.

For more information about Medal of Honor recipients visit <http://www.medalofhonor.com>.

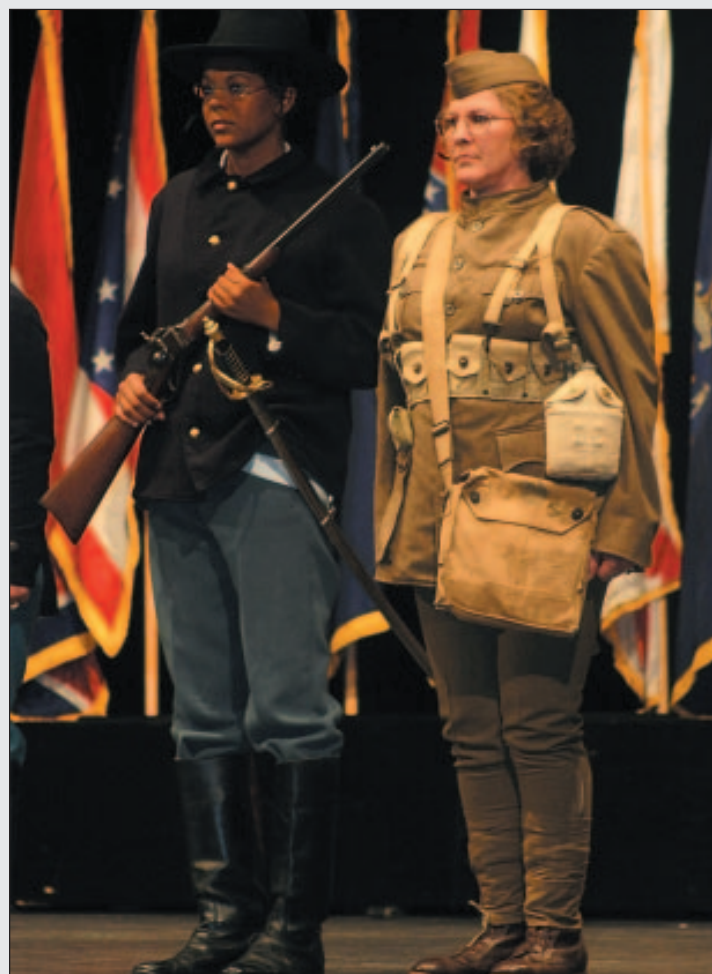


photos by Hugh C. McBride

### **Stuttgart celebrates the Army’s 230th**

**[Above]** The Army’s birthday got off to an early start for few hundred Stuttgart-area service members. A contingent from the 52nd Signal Battalion joined groups from a number of other area units in a 7 a.m. “Fun Run” around Patch Barracks June 10.

**[Right]** Stuttgart’s Army Ball was celebrated June 11 in the Sindelfingen Stadthalle. The event featured reenactors from the Army’s history and a traditional birthday cake.



## Senior Baseball 2005 Championship

# Stuttgart squad places 2nd in IMA-E tourney



**Stuttgart's Scott Csrnko laces a double into left-centerfield during the IMA-E Senior Baseball championship game June 4 on Robinson Barracks. After jumping out to an early eight-run lead, Stuttgart couldn't hold on, eventually dropping the title game 12-9 to Heidelberg.**

Story & photos by Hugh C. McBride

**M**aybe Yogi knew what he was talking about all along.

As the former Yankee famously observed – and as the Stuttgart senior baseball team learned the hard way June 4 – in the game of baseball, it ain't over 'til it's over.

Stuttgart hosted the five-team Installation Management Agency Europe Region senior baseball tournament June 3 and 4 on Patch and Robinson Barracks.

Facing the Heidelberg Lions with the tournament championship on the line, Stuttgart scored eight runs in the top of the first inning.

The early offensive onslaught had the hometowners thinking title thoughts, but their efforts came up one inning (and, ultimately, five runs) short.

By the bottom of the fifth inning, Heidelberg only trailed by three runs (9-6), and a 10-run explosion in the sixth put the Lions on top for good. The final score: Heidelberg, 16 – Stuttgart, 11.

Even though the tournament ended on a disappointing note for his team, Stuttgart coach Randy Coggins said the season could only be described as a success.

"I felt like we made some good progress," Coggins said. "What happens is that at the beginning of the season you've got 15 individuals, and you hope that they develop into a team. That's what happened with this group."

Because baseball is not sanctioned by the Department of Defense Dependents Schools, it is organized under Youth Sports – which does not divide schools into size-specific divisions,



**Stuttgart's Derrick Hamilton, who was selected as the team's MVP, throws a pitch during the championship game of the IMA-E senior baseball tournament June 4 on Robinson Barracks.**

as DoDDS does. Thus, Coggins noted, Stuttgart (a Division II school in sports such as football, soccer and basketball) competes on the diamond against much larger communities, such as Heidelberg and Kaiserslautern.

"Of the seven communities that had baseball teams this year, four were Division I-sized," he said. "Finishing second against that level of competition is something to be proud of."

Coggins was also quick to credit his assistants. "Coach Rich Waters [who has since relocated back to the States] is a walking, talking encyclopedia of baseball," Coggins said. "He's been a great asset to this program."

And when duty took both him and Waters away from Stuttgart during the season, Coggins said, Chris Sabatini proved a capable replacement. "I don't know what we would have done without him," Coggins said. "I've seen teams fall apart in similar situations."

## Major league pitchers toss "Strikeouts for Troops"

### Oakland's Zito starts program to support service members

Story & photo by Rey Guzman  
Army News Service

**O**akland Athletics starting pitcher Barry Zito's strikeouts are counting toward more than just helping his team's chances of a postseason run. They now stand to help war-wounded troops serving in Iraq and Afghanistan and their families.

Zito, 27, committed early during this year's Major League Baseball season to contribute \$100 per strikeout to help wounded warriors being treated at military hospitals such as Walter Reed Army Medical Center and Bethesda Naval Hospital. His program, "Strikeouts for Troops," will raise money to subsidize the travel, lodging and other expenses of families who are visiting the hospitals.

"I think it was my dad [who first] kind of thought of a way for other guys to get involved," Zito said.

"There wasn't really anything out there that was what we were looking for. He wanted to give a certain amount per strikeout to the troops that came back wounded and are recovering in the hospitals," he said.

Zito said the contributions collected from the "Strikeouts for Troops" program will be used for more than just the travel expenses of Soldiers' families visiting the military hospitals. He said the funds will also go toward childcare costs for those families during their trips.

"A lot of guys said that having family around is the best medicine they could be administered," he said.

According to the program's Web site, the fund will also

provide clothing, meals and entertainment to wounded troops who are receiving treatment in the hospitals.

Since the inception of the "Strikeouts for Troops" program, Zito has recruited other MLB stars for his fundraising efforts. Zito's former teammate Tim Hudson, Boston's Curt Schilling and Cleveland's C.C. Sabathia have also joined the ranks in support of the wounded troops. Zito said communication has been sent out to all 30 MLB teams to recruit other players to join forces for his cause.

Zito said his connection to military life comes from his paternal grandfather, a former five-star general in the Italian army. The A's ace hurler, however, attributed his desire to start the "Strikeouts for Troops" program to his pride and patriotism.

"Those guys fighting on the frontlines are the ones that are keeping America what it is, and the way it always has been. I think it's more about trying to pay [them] back," Zito said. "I know that some people don't agree with the war, but it goes beyond that. It's about helping fellow Americans."

Zito toured Fort Myer and Arlington National Cemetery in Arlington, Va., June 8, while visiting the nation's capital



**Oakland pitcher Barry Zito, founder of "Strikeouts for Troops," meets with Col. Richard A. Breen Jr. during a June 8 visit to Arlington National Cemetery.**

during a three-game series against the Washington Nationals.

Zito had pitched the previous evening, and the seven strikeouts he recorded added \$700 to his contribution total.

For more about Zito's Strikeouts for Troops program visit [www.strikeoutsfortroops.org](http://www.strikeoutsfortroops.org).

*"People sleep peaceably in their beds at night  
only because rough men stand ready to do  
violence on their behalf."*

— George Orwell



THE UNITED STATES OF AMERICA AND THE U.S. ARMY PRESENT

# ARMY OF ONE

## SPECIAL OPERATIONS